

FITNESS

Answers to Common Fitness Questions

1. Should everyone do the same exercise?

No. An exercise prescription should be no different than the prescription you get from your doctor. Just as one dosage of one medicine does not work for everyone, the type and amount of exercise you do should depend on who you are and the results you are looking for.

2. Can exercise help people lose weight?

Exercise leads to modest weight loss. A safe amount of weight loss is between one to two pounds per a week. Some studies suggest that people who exercise are more likely to lose weight and avoid gaining weight. It is important that people set realistic weight loss goals that are achievable.

3. Is walking a great exercise to lose weight?

For most people, walking is the best exercise because you can easily adjust the intensity by walking a little slower or faster. But you don't want to make the intensity too low or you won't burn enough calories to lose fat. Walking is a great workout for the body and does not require the purchase of expensive exercise equipment. You only need a pair of good walking sneakers and clothing that allow you to move freely.

4. Does it impact my health that I only exercise once a week?

Exercising once a week is probably better than not exercising at all. But it is important to adopt a lifestyle that includes physical activity on a daily basis. An active lifestyle has many benefits that can contribute to your physical and mental health. Try increasing your exercise workout from once a week to twice a week until you are exercising between three to five times a week.

5. How can I incorporate more exercise into my day?

Just do it! Think about all of the activities you do throughout your day and see where you can include exercise into your schedule. For instance, if you sit in front of a computer all day you may want to take a ten to fifteen minutes break every hour and get up and walk the halls. Or instead of sitting and watching television you may want to jog or march in place while watching television.



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